



**Eat Well.
Move More.
Feel Great!**

TIPS FOR ADDING FRUITS & VEGETABLES

- Top grilled chicken or fish with a fruit or vegetable salsa.
- Add fire-roasted bell peppers, sliced tomatoes, lettuce, or avocado to sandwiches or wraps.
- Buy fresh berries and add to Greek yogurt and granola. Stock up on frozen berries and keep on hand when not in season.



- Add veggies to egg scrambles: try onions, fresh spinach and canned artichoke hearts. Top with fresh salsa.



- Top peanut butter toast with banana slices.
- Top a whole wheat bagel with low-fat cottage cheese and thick tomato slices.
- Add raisins or other dried fruits to oatmeal with chopped nuts.
- Add apples, bananas, blueberries, or pears to your muffin recipes.
- Add extra vegetables to your pasta dishes; more peppers, tomatoes, spinach.



- Try adding grilled vegetables or fruit with your grilled meats.
- Mix vegetables into your favorite casserole such as peas, tomatoes, or onions.
- Try adding vegetables such as spinach, tomatoes, zucchini, or chayote to enchiladas or burritos.



Healthy Living
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Nutrition Services • Alameda County Public Health Department

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